

ABSTRACT OF THE DISCLOSURE

The invention relates to a process for the production of preparations for stimulating human skin cells and for protection against aging of the skin and the harmful effects of environmental toxins and UV radiation, characterized in that the preparations contain at least one substance which increases the synthesis of energy donors of the mitochondrial respiratory chain and, at the same time, lowers the level of reactive oxygen species (ROS) in the cell metabolism. The invention also relates to the use of cosmetic and/or pharmaceutical preparations containing at least one substance which increases the synthesis of energy donors of the mitochondrial respiratory chain and, at the same time, lowers the level of reactive oxygen species (ROS) in the cell metabolism for stimulating human skin cells and for protection against aging of the skin and against the harmful effects of environmental toxins and UV radiation.